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NARCOTICS AND THE PHYSIQUE.

Writing to Mr. A. A. Reade, of Manchester, who had asked his opinion as to the use of alcohol and tobacco in athletic exercises, Mr Hanlan, dating from Manchester, June 28th says: "I have to state that, in my opinion, the best physical performances can only be secured through the absolute abstinence from their use. This is my rule, and I find after three years' constant work at the oar, during which time I have rowed many notable match races, that I am better able to contend in a great race than when I first commenced. In fact, I believe that the use of liquor and tobacco has a most injurious effect upon the system of an athlete—by irritating the vitals, and consequently weakening the system.

"I eat wholesome food, take regular and moderate exercise, avoid violent exertion, and, generally, strive to cultivate a cheerful state of mind, in order that sweet sleep may follow my daily work. This embodies, I believe, an answer to your enquiries.—I am, faithfully yours, EDWARD HANLAN, Champion Sculler."